

SHARKS & MINNOWS



SWIMMING CLASSES



	Session 1 June 5th - June 15th	Session 2 June 19th - June 29th	Session 3 July 3rd - July 13th	Session 4 July 17th - June 27th
12:00 PM	Minnows 1 & Sharks 1/2	Minnows 1 & Sharks 1/2	Minnows 1 & Sharks 1/2	Minnows 1 & Sharks 1/2
12:35 PM	Minnows 2 & Sharks 3/4	Minnows 2 & Sharks 3/4	Minnows 2 & Sharks 3/4	Minnows 2 & Sharks 3/4
1:10 PM	Minnows 3 & Sharks 5/6	Minnows 3 & Sharks 5/6	Minnows 3 & Sharks 5/6	Minnows 3 & Sharks 5/6
4:00 PM	Minnows 1 & Sharks 1/2	Minnows 1 & Sharks 1/2	Minnows 1 & Sharks 1/2	Minnows 1 & Sharks 1/2
4:35 PM	Minnows 2 & Sharks 3/4	Minnows 2 & Sharks 3/4	Minnows 2 & Sharks 3/4	Minnows 2 & Sharks 3/4
5:10 PM	Minnows 3 & Sharks 5/6	Minnows 3 & Sharks 5/6	Minnows 3 & Sharks 5/6	Minnows 3 & Sharks 5/6

CLASSES ARE MONDAY THRU THURSDAY | \$150 per session

FOR MORE INFO:
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STACK
 SPORTS PERFORMANCE TRAINING

Which level is best for my child?

Minnows (ages 3-5)

- Level 1 - These students have little to no experience in the water and cannot blow bubbles or go underwater. The goal is to introduce them to the aquatic environment.
- Level 2 - These students are comfortable in the water and can glide, float and submerge with assistance. The goal is to build on the basic skills learned in Level 1.
- Level 3 - These students are able to swim on their own while blowing bubbles and can glide and float unassisted. The goal is to increase proficiency through guided-practice with increased distance and time.

Sharks (6-12)

- Level 1 - These students have little to no experience in the water and cannot blow bubbles or go underwater. The goal is to introduce them to the aquatic environment.
- Level 2 - These students are comfortable in the water and can glide, float and submerge with assistance. The goal is to build on the basic skills learned in Level 1 as well as basic self-help rescue skills.
- Level 3 - These students are able to swim on their front (while side breathing) and back and can glide and float unassisted. The goal is to introduce coordinated full stroke techniques such as back crawl and introduce each kicking type.
- Level 4 - These students are able to swim proper front crawl with side breathing and can demonstrate flutter, scissor, breast stroke and dolphin kicks. The goal is to develop stroke confidence and introduce butterfly, breaststroke, sidestroke and wall turns.
- Level 5/6 - These students are able to perform all 4 strokes properly as well as open turns, swimming underwater and headfirst entries. The goal is to achieve refinement of key strokes to improve efficiency, power and smoothness over greater distances.

* Reminder - Sharks levels will be combined into 1/2, 3/4 and 5/6.